|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Leg of Trip | Starting Capital | Ending Capital | Kilometers Traveled | Time it Takes  (d/r=t) | # of Days of your trip | Cities passed  (list 3) | Requirements Met |
| Sample | Tunis, Tunisia | Algiers, Algeria | 811 km | (811km)=23.85  34km/h  23 hrs 51 mins | (ride 8 hrs/day)  3 days | City x  City Y  City Z | Cross a desert, river etc… |
| 1 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |
| 14 |  | Cape Town,  South Africa |  |  |  |  |  |